IN THE CLAIMS:

1. (Currently amended) A process comprising:

providing a predetermined amount of a <u>monolithic</u> gel <u>made from a metal alkoxide</u>; fractionating said gel;

adding a predetermined amount of an energetic material to said fractionated gel to form a uniform dispersion of gel and energetic material;

adding a solvent to said uniform dispersion; and

drying said uniform dispersion to reform said gel to form a <u>monolithic</u> composite wherein said energetic material is uniformly dispersed throughout said <u>monolithic</u> reformed gel.

- 2. Cancel.
- 3. (Original) The process recited in claim 1, wherein said gel is a silica gel made from tetramethyl orthosilicate (TMOS).
- 4. (Original) The process recited in claim 1, wherein said energetic material is RDX or PETN.
- 5. (Original) The product produced by the process recited in claim 1.
- 6. (Currently amended) A method comprising:

dissolving at least one silicon alkoxide in a solvent to form a silicon alkoxide solution;

dissolving at least one energetic material in a solvent to form an energetic material solution, said solvent being the same solvent as said silicon alkoxide is dissolved in;

dissolving a catalyst in a solvent to form a catalyst solution, said solvent being the same solvent as said silicon alkoxide is dissolved in;

pouring alternating portions of said catalyst solution and said energetic material solution into said silicon alkoxide solution with stirring to form a gel precursor solution;

allowing said gel precursor solution to gel; and

drying said gel to form an a monolithic energetic composite having energetic molecules crystallized within the pores of a silicon sol-gel material.